

## Only Time Will Tell: Occupational Stress in Foundation Doctors

### What is the research about?



- The purpose of the current research is to investigate the experience of occupational stress over time in foundation doctors. This is important because stress levels are rapidly increasing in this group and are causing a number of serious physical and psychological illnesses, which also jeopardises the quality of patient care delivered under doctors.
- The current research will require you to record verbal entries of your experiences of stress over a 2 month period. Short interviews will also be undertaken before this period, and after the recording period to follow-up on your experiences.

### Am I eligible to participate?

To participate in the study, you must:

- Be an F1 or F2 doctor with smart phone access.
- Be willing to record verbal "entries" on an App and send these to the researcher (discussion points will be provided). This can be done when you are at home, at the end of a shift.
- Be able to record entries at least once every 3 days over the 2 month recording period (except when on annual leave). We estimate each recording will be around 5 minutes in duration or less.
- Be able to be available for a 30 online minute interview before the data collection starts, and a 30 minute online interview 2 months after the recording period has ended. A mutually convenient time will be arranged.



### Are there any benefits to participating?



- You will receive £50 to compensate you for your efforts.
- If you complete all recordings plus the interviews, you will also be entered into a prize draw to win 1 of 5 £100 cash prizes (max 50 participants so greater than 10% chance of winning prize draw!).
- Research has shown that sharing emotions in expressive ways, such as that of an audio-diary, can allow participants to "unfold" the emotional material and therefore think about issues in a more positive way. Pennebaker and Chung (2011) found that those who reflected on their stress had lower stress hormone levels than those who did not, showing connections to physical and mental health. Participation may therefore act to alleviate some of the stress experienced.
- You will receive a tailored report, derived from a team of experts within the work-stress field, which will detail how to best manage your stress and your main triggers over time. This will include the most cutting-edge research in the field.
- Your involvement will be helping to generate evidence-based interventions for future junior doctors like yourselves.

If you wish to participate or have any questions, please contact:

Sanjay Popat  
Bn14s9p@leeds.ac.uk